

LOCAL WALKING TRAILS

By Marylou Stone

WALKERSVILLE COMMUNITY PARK - FITNESS TRAIL

If going around the track is boring, this is the trail for you and it is in a quiet community park. The trail is three quarters of a mile long and is mainly flat with a slight incline at spots. It is easy to push a stroller on this path because the path is made of pea size gravel.

Along the path, there are 10 fitness stations. Each station has written instructions on how to do that particular exercise and lists how many times the exercise needs to be repeated for those at beginner and at intermediate level.

The trail also has some beautiful trees. I identified the following: American Sycamore, Colorado Blue Spruce, Dogwood, Pin Oak, Red Maple, and Sweet Gum.

There were also many birds chattering in the trees, like a Blue Jay, Carolina Chickadee, Catbird, Mockingbird, Tufted Titmouse, and a Cardinal. Not to outdone by the birds, the squirrels were running back and forth between the trees.

